



Press Release

Great Expectations

Monday, Tuesday, Wednesday 11.30am
16th October 2006 – 18th October 2006

STRESS

Monday, 16 OCTOBER 2006 at 11.30

Stress is a modern problem, something most working moms in particular have to handle. **Great Expectations** gives moms a real understanding of the actual impact stress can have during and after pregnancy. The show examines what too little sleep, arguments, stressing over work and anxiety does to the body and the foetus. This fruitful show also discusses high blood pressure as well as prem babies. Stress after the baby is born, possibly from trying to do too much, can exhaust a new mum and stress her baby. It can also affect the quality of breast milk and upset her baby as it picks up on her bad energy. It is important for mums to take action and learn to handle stress

MAKING HOME A SAFE ZONE FOR BABY

Tuesday, 17 OCTOBER 2006 at 11.30

As soon as baby can roll, there are hazards around the house that need to be seen to. Drowning, burning, falling... **Great Expectations** helps mums spot potential danger areas in the home and secure them before an accident. We remind mums about pool covers, but

also that baby can drown in a bucket, a bowl, and even the toilet bowl.

NANNY 911

Wednesday, 18 OCTOBER 2006 at 11.30

Nanny Deb finds Cindy and Tim Paul at their wits end, with an eight year old daughter and a set of 4 year old triplets ruling the roost, there's always something going on. The children refuse to clean their rooms, put away their toys and find enjoyment in yelling, slapping and pulling each other's hair. Meanwhile, Tim finds this amusing and encourages their bad behaviour. Assigned to the case by Head Nanny Lillian, could this be "mission impossible" for Nanny Deb?

Genevieve Kgafe
e.tv junior publicist / writer
011 537 9496
011 537 9380